



BLACKBIRD

CATERING



2026 MENU

ALLERGEN + DIETARY GUIDE

Our Facility + Sourcing

We are a peanut-free, tree-nut-free, and shellfish-free facility. We do not bring any of these raw ingredients into our kitchen. However, please be advised that we source select proprietary ingredients that are manufactured in shared facilities and carry a manufacturer's "may contain peanuts, tree nuts, or shellfish" warning label.

Cross-Contamination

We take food safety incredibly seriously. While we offer items that are modified to be gluten-friendly, dairy-free, vegetarian, or vegan, our kitchen regularly processes wheat, dairy, egg, soy, and sesame. Because all items are prepared in a shared, open kitchen environment, we cannot guarantee a 100% allergen-free space or completely prevent the risk of cross-contamination.

MENU KEY

Contains: (W) *Wheat/Gluten* | (D) *Dairy* | (S) *Soy* | (F) *Fish* | (Z) *Sesame*

Dietary: (G) *Gluten-Friendly* | (V) *Vegetarian* | VG *Vegan*

Before placing your order, please inform our team if a person in your party has a food allergy.

**Consuming raw or undercooked eggs, meat, poultry, or fish may increase your risk of foodborne illness.*

BREAKFAST

for the group

*All spreads include napkins, plates + utensils.
Coffee add-on available for any order.*

Classic Spread Small \$120 | Large \$180 **V** **S** **W** **D**

12 or 18 assorted doughnuts and/or pastries +
1 or 2 boxes of drip coffee with fixings

Bountiful Spread Small \$144 | Large \$216 **V** **S** **W** **D**

12 or 18 assorted doughnuts and/or pastries +
seasonal fruit bowl + 1 or 2 boxes of drip coffee with fixings

The Full Spread \$210 (serves 12–18) **V** **S** **W** **D**

12 doughnuts and/or pastries + 2 seasonal fruit bowls +
12 assorted bagels with cream cheese + 2 boxes of drip
coffee with the fixings

Sweet Pastry Assortment \$48 **V** **S** **W** **D**

chocolate croissant (2), plain croissant (2), morning bun (2),
blueberry muffin (2), lemon scone (2), pain aux raisin (2)

Savory Pastry Assortment \$64 **S** **Z** **W** **D**

ham + cheese croissant (4), tomato + cheddar galette (4),
everything bagel bite (4), cheddar scone (4)

Breakfast Sandwich Assortment \$75 **W** **D** **S**

5ea: blackbird breakfast sandwich, avocado + egg sandwich
served on choice of bread

Overnight Oats Cups \$6.50 (min 10) **G** **V** **S**

rolled oats, honey-date syrup, strawberries, blueberries,
granola + toasted seeds

Mixed Berry Yogurt Cups \$6.50 (min 10) **G** **V** **D**

greek yogurt, seasonal berries, granola + honey

Fruit Platter

SM \$55 (serves 8–12) | LG \$80 (serves 12–18) **G** **V** **G**

seasonal selection: berries, cantaloupe, pineapple,
red grapes, mango

ADD-ONS:

Individual Fruit Cup \$6ea **G** **V** **G**

Box of Hot Coffee (serves 8–10) \$35

Box of Cold Brew (serves 8–10) \$42

BREAKFAST

breakfast boxes

Served individually packaged. Includes your choice of bottled water or Natalie's Orange juice.

Breakfast Box \$16/person (W) (D) (S)
choose one sandwich (see below),
mixed berry yogurt cup, Natalie's Orange
Juice + \$3 can of Fazenda cold brew

GF Breakfast Box \$16/person (G) (D) (S)
choose one GF sandwich (see below),
mixed berry yogurt cup, Natalie's Orange
Juice + \$3 can of Fazenda cold brew

breakfast sandwiches

All sandwiches made fresh morning-of.

Blackbird Breakfast Sandwich \$8 (W) (D) (S)
Soft scrambled eggs, American cheese, applewood smoked
bacon, hash brown on brioche bun

Avocado + Egg Sandwich \$8 (V) (W) (D)
Soft scrambled eggs, smashed avocado, feta,
arugula on multigrain

Smoked Salmon, Avocado + Egg Sandwich \$12 (W) (S) (Z) (F)
Smoked salmon, soft scrambled eggs, avocado,
red onion, capers, on everything bagel

Steak, Egg + Pepper Jack \$12 (W) (D) (S)
Shaved steak, soft scrambled eggs, pepper jack,
roasted peppers, chipotle aioli on ciabatta roll

Egg + Gruyère \$8 (V) (W) (D) (S)
Soft scrambled eggs, gruyère, whole grain mustard,
on brioche bun

Vegan Breakfast Sandwich \$10 VG (W) (S)
Just Egg patty, Impossible sausage, vegan cheddar, tomato,
baby spinach on brioche bun

GF breakfast sandwiches

All sandwiches made fresh morning-of.

GF Breakfast Sandwich \$8 (G) (D) (S)
Soft scrambled eggs, American cheese, applewood smoked
bacon, on GF bread

Avocado + Egg Sandwich \$8 (G) (V) (D) (S)
Soft scrambled eggs, smashed avocado, feta,
arugula on GF bread

Smoked Salmon, Avocado, + Egg Sandwich \$12 (G) (F) (S)
Smoked salmon, soft scrambled eggs, avocado,
red onion, capers, on GF bread

Steak, Egg + Pepper Jack \$12 (G) (D) (S)
Shaved steak, soft scrambled eggs, pepper jack, roasted
peppers, chipotle aioli on GF bread

Egg + Gruyère \$8 (G) (V) (D) (S)
Soft scrambled eggs, gruyère, whole grain mustard,
on GF bread

Vegan Breakfast Wrap \$10 VG (G) (S)
Just Egg patty, Impossible sausage, vegan cheddar, tomato,
baby spinach on GF wrap

BREAKFAST

breakfast additions

★ 48-hour notice required

Bacon + Onion Quiche \$54 ea (serves 6–8)

Eggs, gruyère, applewood smoked bacon,
caramelized onion in a buttery shortcrust (W) (D) (S)

Seasonal Vegetable Quiche \$50 ea (serves 6–8)

Eggs, goat cheese, roasted seasonal vegetables,
fresh herbs in a buttery shortcrust (V) (W) (D)

Scrambled Egg Tray \$65 (serves 10–12)

Soft scrambled eggs finished with crème fraîche + chives
(G) (V) (D)

Bacon Platter \$36 (24 slices)

Thick-cut applewood smoked bacon.
Add spicy maple glaze +\$5 (G)

Sausage Sausage Tray \$48 (10 sausages)

Classic chicken breakfast sausage or vegan sausage (G) (S)

Home Fries Platter \$30 (serves 10–12)

Crispy potatoes with roasted garlic + onion (G) VG

Sourdough Toast Platter \$12 (6 slices)

Toasted, served with side butter + jam (V) (W) (D)

LUNCH

lunch packages

Presented family-style. All packages include serving utensils, napkins + plates.

The Simple Lunch \$22/person (min 10)

Assorted sandwiches + bags of chips + chocolate chip cookies
Add drinks +\$3/person

The Executive Lunch \$28/person (min 10)

Assorted sandwiches + mixed greens salad + chocolate chip cookies + mini doughnuts
Add drinks +\$3/person

lunch boxes

Served individually packaged. Includes your choice of bottled water or Natalie's Orange Juice.

Lunch Box \$22/person 🍷 🍷

choose one sandwich (see below),
bag of chips, chocolate chip cookie,
bottled water or Natalie's Orange Juice
+ \$3 can of Fazenda cold brew

GF Lunch Box \$23/person 🍷 🍷 🍷

choose one GF sandwich (see below),
bag of chips, GF brownie, bottled water or Natalie's Orange Juice + \$3 can of Fazenda cold brew

for the group

All group platters served with napkins, plates + utensils.

Mini Sandwich Platter SM \$72 (12) | LG \$108 (18) 🍷

Assorted mini sandwiches. See mini options below.

Full Sandwich Platter SM \$75 (12) | LG \$110 (18) 🍷

assorted half sandwiches, individually wrapped + labeled.
Choose your mix below or let us curate.

Sandwich Assortment \$144 🍷

Assorted full-size sandwiches: California Club (3),
Fried Chicken (3), Smoked Bacon BLT (2), Caprese (2)
— individually wrapped + labeled

LUNCH

choose your favorites – full sandwiches

All sandwiches available individually or as part of a platter.

Fried Chicken Sandwich \$15 (W) (D) (S)

Crispy fried chicken, American cheese, shredded romaine, tomato, pickled red onion, honey hot sauce, sub roll

Steak + Cheese \$16 (W) (D)

Shaved steak, peppers + onions, house cheese sauce, Italian roll

California Club \$16 (W) (D) (S)

Sliced turkey, bacon, avocado, cheddar, Sally's slaw, garlic aioli, ciabatta bread

Grilled Veggie + Pesto \$14 (V) (W) (D)

Charred zucchini, roasted red peppers, portobello mushroom, pumpkin seed pesto, fresh mozzarella, arugula, ciabatta

Greek Salad Wrap \$15 (W) (D)

Grilled chicken, feta cheese, kalamata olives, tomatoes, red onion, cucumber, croutons, gem lettuce, house dressing, white or wheat wrap

Vegan Hummus Wrap \$15 VG (W) (Z) (S)

Housemade hummus, zucchini, gem lettuce, roasted carrots, pickled cauliflower, tahini vinaigrette, Sally's hot sauce

VIRAL Sally's Classic Caesar Wrap \$16 (W) (D) (S) (F)

Fried chicken, parmesan, shredded baby gem lettuce, croutons, Caesar dressing, wheat wrap

Vegan Falafel + Tzatziki Wrap \$16 VG (W) (Z) (S)

Crispy falafel, vegan tzatziki, cucumbers, tomato, red onion, fresh herbs, tahini, warm pita wrap

mini sandwiches — \$6 ea (min 10)

Mini sandwiches served on brioche buns only. 1.5–2 per person recommended.

California Club (W) (D) (S) · Fried Chicken (W) (D) (S) · Smoked Bacon BLT (W) (S) · Vegan Hummus Wrap VG (W) (Z) (S) · Caprese (V) (W) (D) (S) · Turkey + Cheddar (W) (D) (S) · Roast Beef + Cheddar (W) (D) (S) · VIRAL Sally's Classic Caesar Wrap (W) (D) (S) (F)

LUNCH

gluten-friendly lunch

GF lunch box

Served individually packaged. Includes your choice of bottled water or Natalie's Orange Juice.

GF Lunch Box \$23/person **G** **D** **S**

choose one GF sandwich (see below), bag of chips, GF lemon poppy doughnut, bottled water or Natalie's Orange Juice + \$3 can of fazenda cold brew

GF package

Served individually packaged. Includes your choice of bottled water or Natalie's Orange Juice.

The GF Lunch \$25/person (min 5) **G** **D** **S**

Assorted GF sandwiches + bags of chips + GF lemon poppy doughnuts | Add drinks +\$3/person

GF sandwiches

GF Grilled Chicken Wrap \$16 **G** **D** **S**

Grilled chicken, American cheese, shredded romaine, tomato, pickled red onion, honey hot sauce, GF wrap

GF Greek Salad Wrap \$16 **G** **D** **S**

Grilled chicken, feta cheese, kalamata olives, tomatoes, red onion, cucumber, gem lettuce, house dressing, GF wrap

GF Classic Caesar Wrap \$16 **G** **D** **F** **S**

Grilled chicken, parmesan, shredded baby gem lettuce, Caesar dressing, GF wrap

GF Vegan Hummus Wrap \$16 VG **G** **Z** **S**

Housemade hummus, zucchini, gem lettuce, roasted carrots, pickled cauliflower, tahini vinaigrette, Sally's hot sauce

GF Grilled Veggie + Pesto \$16 **G** **V** **D** **S**

Charred zucchini, roasted red peppers, portobello mushroom, pumpkin seed pesto, fresh mozzarella, arugula, GF bread

GF mini sandwiches – \$6 ea (min 10)

GF mini sandwiches served on GF bread only. 1.5–2 per person recommended.

California Club **G** **D** **S** · Grilled Chicken **G** **D** **S** · Smoked Bacon BLT **G** **S** · Vegan Hummus Wrap VG **G** **Z** · Caprese **G** **V** **D** **S** · Turkey + Cheddar **G** **D** **S** · Roast Beef + Cheddar **G** **D** **S** · Classic Caesar Wrap **G** **D** **F** **S**

SALAD

for the group

Served family-style with housemade brioche rolls 🍞 (serves 10).

Serves 4 as an entrée or 10 as a side. Add grilled chicken, fried chicken, or falafel to any salad + \$25

Caesar Salad \$73 🍷 🍔 🍟 🍌

Mixed Greens \$63 VG 🍌

Cobb Salad \$80 🍌 🍔

Harvest Grain Salad \$82 🍌 🍷 🍔

Fattoush \$72 🍌 🍷 🍔 🍌

Seasonal Composed Salad \$80

choose your favorites – individual salad

Add grilled chicken, fried chicken, or falafel to any salad + \$5

Caesar Salad \$14 🍷 🍔 🍟 🍌

Gem lettuce, garlic croutons, shaved parmesan, housemade Caesar dressing

Mixed Greens \$12 VG 🍌

Baby mixed greens, cucumber, cherry tomato, shaved carrot, red onion, lemon-herb vinaigrette

Cobb Salad \$14 🍌 🍔

Gem lettuce, roasted chicken, applewood smoked bacon, hard-boiled egg, avocado, cherry tomato, blue cheese crumbles, house ranch

Harvest Grain Salad \$15 🍌 🍷 🍔

Farro, roasted butternut squash, dried cranberries, toasted pepitas, baby kale, goat cheese, apple cider vinaigrette

Fattoush \$15 🍌 🍷 🍔 🍌

Baby lettuces, cucumber, tomato, red pepper, red onion, feta, lemon-olive oil dressing + croutons

Seasonal Composed Salad \$15

Ask your catering coordinator for this week's featured seasonal salad (often vg/gf)

MORE TO SHARE

Perfect starters, snack stations, and reception-style spreads for any occasion.

Charcuterie + Cheese Board \$95 (serves 8–10) ★ (W) (D) (Z) (S)

Selection of cured meats, aged + fresh cheeses, seasonal accompaniments, whole grain mustard, honeycomb, sourdough crostini + housemade lavash

Smoked Salmon Board \$110 (serves 8–10) (W) (D) (Z) (S) (F)

Smoked salmon, everything bagel bites, cream cheese two ways, capers, pickled red onion, cucumber, dill, lemon

Vegan Mezze Platter \$75 (serves 8–10) VG (W) (Z)

Housemade hummus, baba ghanoush, red pepper spread, roasted garlic labneh.
Served with housemade pita, lavash + crudité

Vegan Seasonal Vegetable + Hummus Platter \$75 (serves 8–10) VG (W) (Z)

Assorted seasonal vegetables with housemade hummus two ways
Served with housemade pita

Bread + Butter Board \$55 (serves 8–10) (V) (W) (D)

Assortment of fresh breads, whipped ricotta, compound butter, and seasonal dip

Vegan Veggie + Hummus Cups \$6.5ea (min 10) VG (G) (Z)

Individual cups with hummus, celery, cucumbers, carrots + EVOO

DOUGHNUTS

OF COURSE DOUGHNUTS FOR EVERY OCCASION, BIG OR SMALL!

Need a few mini doughnuts for a morning pick-me-up? Or a mountain of full-size classics for a grand event? Blackbird Doughnuts has you covered. No order is too big or too small - we cater to all your doughnut desires.

full-size doughnuts

Doughnut flavors rotate monthly so please visit our ordering page for full doughnut details

brioche doughnuts |

BOSTON CREAM | 5.25    
CHOCOLATE SPRINKLE | 4.50    
VANILLA GLAZED | 4.50    
VANILLA SUGAR | 4.50  
SALTED TOFFEE | 4.50    
STRAWBERRY SPRINKLE | 4.50   
MAPLE BRAID | 4.50  
EVERYTHING BAGEL | 4.50     

savory, cream cheese, everything bagel spice

cake doughnuts |

THE BLACKBIRD | 4.50   
vanilla cake, vanilla glaze
CHOCOLATE OLD FASHIONED | 4.50   
chocolate cake, vanilla glaze
GF LEMON POPPY | 4.50     
lemon cake, lemon glaze, poppy seeds
(gluten-friendly)

doughnuts by the
dozen \$52

mini doughnuts

Available in quantities of 12+ in a branded Blackbird party box or individually wrapped in cellophane bags sealed with a gold twist or branded Blackbird silk ribbon

flavors

VANILLA SPRINKLE MINI |   
CHOCOLATE OLD FASHIONED SPRINKLE |   
VANILLA GLAZED | VG  
CINNAMON POW-POW | VG  
CHOCOLATE SUGAR | VG  
EVERYTHING BAGEL PUFF |     

individually wrapped

1 Mini Per Bag | \$2.25 per bag
2 Mini Per Bag | \$3.25 per bag
3 Minis Per Bag | \$4.25 per bag
Gold twist ties Included
Email catering@blackbirddoughnuts.com to inquire
about custom ribbons, stickers, and add ons.

custom letter doughnuts

"HBD" | 18
"HBD NAME" | 18+
"HAPPY BIRTHDAY" | 78
"HAPPY BDAY" | 54
"BRIDESMAID" | 60
"IT'S A BOY" | 42
"IT'S A GIRL" | 42
"MARRY ME" | 42
"I LUV YOU" | 42
"I ❤️ YOU" | 18
We can do customs phrases too | 6 per letter

doughnut pops

Happy Birthday Doughnut Pops (QTY 12) | 42   
Gender Reveal Doughnut Pops (QTY 12) | 48   
Ask about custom Doughnut Pops!

DOUGHNUTS

petite doughnuts

What does petite mean? These are “medium” sized doughnuts. The perfect midpoint between full-sized and our minis. Great for weddings, employee events, and birthday parties!

cake doughnuts |

THE BLACKBIRD | 3.50 VG W S
vanilla cake, vanilla glaze

CHOCOLATE OLD FASHIONED | 3.50 VG W S
chocolate cake, vanilla glaze

GF LEMON POPPY | 3.50 V D S
lemon cake, lemon glaze, poppy seeds
(gluten-friendly)

brioche doughnuts |

BOSTON CREAM | 4.00 V W D S

CHOCOLATE SPRINKLE | 3.50 V W D S

VANILLA GLAZED | 3.50 V W D S

VANILLA SUGAR | 3.50 VG W S

SALTED TOFFEE | 3.50 V W D S

STRAWBERRY SPRINKLE | 3.50 VG W S

MARITTOZZI | 4.00 V W D S
brioche, stuffed with whipped cream

EVERYTHING BAGEL | 4.00 V W D S Z
savory, cream cheese, everything bagel spice

**petite doughnuts by the
dozen \$42**

doughnut cakes

Serves 2-4ppl (considered an individual cake)
can be made vegan on request

Funfetti Doughnut Cake | 20 **V W D S**

Gender Reveal Doughnut Cake | 30 **V W D S**

Baby's First Smash Cake | 30 **V W D S**

Ask about custom Doughnut Cakes!

doughnut walls |

doughnut walls are tabletop and can hold 50 doughnuts each.
There is a \$75 charge per wall for delivery, set up, and breakdown.
Email catering@blackbirddoughnuts.com to place your order.

doughnut trike |

The Blackbird Display Trike | \$300/day

Add a true showstopper to your event! Our custom Blackbird trike is a unique, eye-catching centerpiece and the perfect photo op for your guests. The front carriage opens up to beautifully display a bounty of doughnuts or individually wrapped favors. *Rental fee includes drop-off delivery and pick-up. Email catering@blackbirddoughnuts.com to place your order.*

SWEET BREAK + DESSERT

the afternoon sweet break

Make your 3pm the meeting people actually show up for.

Blackbird's doughnuts are our signature — nothing like them in Boston.

The Doughnut Drop Small \$48 (12) | Large \$72 (18) V W S

Assorted fresh doughnuts — a curated mix of Blackbird classics + rotating seasonal flavors

Ask about GF + vegan options. Doughnut flavors rotate monthly.

The Sweet Break \$75 (serves 12) V W S

Assorted doughnuts + pastries + 1 box of drip coffee with fixings

for the group – dessert assortment

Dessert Assortment Small \$48 (12) | Large \$72 (18) V W D S

Chocolate chip cookies (3), oatmeal raisin cookies (3), dark chocolate brownies (3), seasonal tart bites (3)

Cookie Box \$45 V W D

Chocolate chip (6) + oatmeal raisin (6)

GF options available.

GF Brownie Box \$60 (12 pieces) G V D S

Dark chocolate fudge brownies

GF Doughnut Box \$48 (12 doughnuts) G V D S

One dozen GF Blackbird doughnuts (flavors rotate)

SWEET BREAK + DESSERT

choose your favorite – cakes + cups

Serves 8–10 unless noted.

Funfetti Birthday Cake \$42 **V** **D** **W** **S**

Layered vanilla cake, jam core, vanilla funfetti buttercream, sprinkles

Lemon Olive Oil Cake \$42 **VG** **W** **S**

Moist lemon olive oil cake with lemon glaze + powdered sugar

Dark Chocolate Mousse Cake \$48 **G** **V** **D** **S**

Rich layered dark chocolate mousse, chocolate sponge, chocolate glaze

Custom Cake

Weddings, celebrations, corporate milestones — let's talk. Reach out at catering@blackbirddoughnuts.com

Smash Cake \$30 **V** **W** **S**

Perfectly sized for little ones' birthdays!
Serves 2–4

Cinnamon Coffee Cake \$42 **V** **W** **D**

Streusel-topped cinnamon coffee cake, brown sugar swirl

Cheesecake Cups (10 min) \$8ea **V** **W** **D**

Individual New York-style cheesecake with seasonal berry compote

Tiramisu Cups (10 min) \$8ea **V** **W** **D** **S**

Individual espresso-soaked sponge cake layered with whipped mascarpone cream and dusted with dark cocoa

individual desserts + baked goods

Build your own platter or order à la carte. Minimum 6 per item.

Morning Bun \$4.50 **V** **W** **D** **S**

Butter Croissant \$4.25 **V** **W** **D**

Chocolate Croissant \$4.50 **V** **W** **D** **S**

Ham + Cheese Croissant \$5 **W** **D**

Blueberry + Lemon Scone \$4.75 **V** **W** **D**

Rotating Seasonal Galette \$5 **W** **D** **S**

Coffee Cake Slice \$5.00 **V** **W** **D**

Blueberry Muffin \$4.75 **V** **W** **D**

Lemon Poppy Muffin \$4.75 **V** **W** **D** **S**

Dark Chocolate Brownie \$5.00 **G** **V** **D** **S**

Banana Bread Slice \$4.50 **V** **W** **D**

Berries + Cream Tart \$5.50 **V** **W** **D** **S**

Pain aux Raisin \$4.50 **V** **W** **D** **S**

Chocolate Chip Cookie \$3.75 **V** **W** **D** **S**

Oatmeal Raisin Cookie \$3.75 **V** **W** **D**

DRINKS

Served with cups, lids, straws, creamers + non-dairy creamers, sleeves + stirers

Carafe = half gallon, serves 4 to 5, Box = SM 96 oz serves 8 to 10, LG 3 gallon box serves 30 to 40

cold drinks – carafes + boxes

FAZENDA COLD BREW

carafe \$24.50 , SM \$36.75 , LG \$140

ICED MULLED CIDER

carafe \$16, SM \$24 , LG \$96

ICED JASMINE GREEN TEA

carafe \$18 , SM \$28 , LG \$115

ICED BLACK TEA

carafe \$18, SM \$28 , LG \$115

NATALIE'S ORANGE JUICE

carafe \$16, SM \$24, LG \$96

NATALIE'S GRAPEFRUIT JUICE

carafe \$16, SM \$24, LG \$96

ICED LATTE

carafe \$28, SM \$43, LG (not offered)

ICED MATCHA LATTE

carafe \$32 , SM \$45, LG (not offered)

individual drinks

Fazenda Cold Brew \$6

Iced Jasmine Green Tea \$5

Iced Black Tea \$5

Iced Latte \$6

Iced Matcha Latte \$6

Culture Pop Soda \$3

Seltzer Water \$3.50

Bottled Water \$3

Pellegrino Sparkling \$3.50

Can Coke \$3

Can Diet Coke \$3

Natalie's Orange Juice \$3

Natalie's Grapefruit Juice \$3

hot drinks – boxes only

DRIP COFFEE

SM \$24, LG \$96

HOT MULLED CIDER

SM \$24, LG \$96

HOT CHOCOLATE

SM \$43, LG \$168

WE CAN'T WAIT TO FEED YOU!

blackbirddoughnuts.com/catering · catering@blackbirddoughnuts.com

All catering orders include plates, napkins + utensils · Delivery + pick-up available

Before placing your order, please inform us if a person in your party has a food allergy.

*Consuming raw or undercooked eggs, meat, poultry, or fish may increase your risk of foodborne illness.